

THE WARD COUNTY INDEPENDENT

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DON'T EAT TOO MUCH.

Another champion has joined the ranks with Thomas A. Edison, and is promulgating the opinion that we eat too much. This man is Henry Ford, the manufacturer. He is struck by the fact that Edison works long hours, sleeps only about five hours out of every twenty-four, and consumes little more than ten ounces of food in a day, though the average man consumes about thirty to thirty-five.

"Yes, we eat too much, three times too much, in my opinion," says Mr. Ford. "I have tried out the theory myself, and I am thoroughly convinced that it is reliable. Think, too, of the waste in food stuffs. We wouldn't feed an engine three times as much fuel as it needed. Yet we pay out good money to gormandize at the expense of both our income and our health. Whenever I have any hard problems to think out, I don't wait for a heavy meal. I do better thinking on an empty stomach."

"Many of the best authorities blame a great deal of the passion for liquor on gluttony. I have the greatest sympathy for a man addicted to liquor. His appetite is a disease, caused in many cases by unwise eating."

He looks upon careful, moderate eating as a large factor in the efficiency of workers and he advises his employes to eat only when hungry and then to eat less than they feel they need. In carrying out his theory he is organizing a department in which the proper preparation of food may be demonstrated and the men taught how to eat. Skilled physicians will be employed to outline the best meal programs for the men and their families, and the whole plan will be urged as one involving great financial economy and especially economy of health.

BOYS DO BETTER BY STAYING ON THE FARM.

We are not given to boasting but we are proud of the farmer boys of this vicinity. They are, with rare exceptions, a healthy, intelligent and happy class of young men. We feel like taking our hat clear off when we meet them upon our streets, and no class is more welcomed to our office. Too many boys leave the farm

where they would have made substantial and good citizens, and go to the city where only one in a thousand succeeds in life's battle. There are farmers who fairly drive their boys away. There is no excuse for this. The farmer boy is entitled to his vacations, to several relaxations, to visits to the city, good books, magazines and his home paper. To the observing one, it is plain to be seen that the old farm is the best place in the world for the average young man and never fails to bring a happier and more useful life than the city. Young man, you who till the soil and earn your bread by the sweat of your brow, we are proud of you; our latchstring is always out to you and you will always have a friend in this paper. Come and see us and give us the news from your neighborhood.

MANY LITTLES MAKE MUCH.

How would you like to sit down at your desk, run over your accounts, and absorb the knowledge that anywhere from one to five hundred people were indebted to you in sums varying from 50 cents to \$5? And how would you like to meet those people every day without their ever thinking of offering you the small amount due you? And how would you like to see these same good people paying their other bills promptly month by month and again forgetting yours? And wouldn't you just revel in the knowledge that all of these small amounts combined, if sufficiently collected up, would swell your bank account to the tune of \$500 or \$1,000?

When you reach the point where you can appreciate the grim humor of such conditions, and keep right on smiling, you will have qualified yourself for the life of a country editor. And when you wonder why in blazes you never thought of the editor when paying your other bills, and you push the breeze until you reach his shop and hand him the little mite you owe him. Here's hoping you soon qualify—for you know, brother, that many littles make a much and in the editorial purse there is always room for more.

Most folks wish to be pretty, but they forget that they must live right. Girls, for example, do not like pimples, they want a clear complexion. Listen to this story:

"A few years ago I had a red, blotchy face, so I tried, instead of eating so much candy, pastry, etc., drinking a lot of water, eating three apples daily, walking one mile to work every day, and going to bed at 9 p. m., and, if I do say so, my face is very clear."

Hunting licenses cost \$1.00. If you want to hunt, get one today. Licenses must be carried by the hunters. Receipts will not go. Game wardens cannot sell you a license this year. See your county auditor or banker.

The Independent has heard Geo. S. Loftus called a grafter, a crook, a hot air artist, and several other names, but he appears to be holding his own with the farmers of North Dakota. If he is all that his enemies claim that he is, he must be a pretty bad pill. We have been waiting for his enemies to prove that he is all that they say he is and in the meantime, we cannot help but think that he has been doing much good. There is no question but what Loftus has stirred up the animals down in the Minneapolis Chamber of Commerce. He has compelled them to adopt different business tactics that are proving very beneficial to the farmers. A prominent Canadian grain man who visited Minot recently remarked that he wished Loftus would come to Saskatchewan and start a campaign. He stated that while he had never been regarded as a Loftus man, he realized that the Open Market orator had accomplished important results in North Dakota and he is of the opinion that the Winnipeg grafters need a dose of the same medicine Loftus has been feeding the Minneapolis grain kings who have been building palatial residences with money extracted from the North Dakota farmers. It appears to the Independent that if Loftus is a grafter, he is a pretty good sort of a grafter for North Dakota to have.

There are vacant lots in various parts of Minot that are full of weeds, the owners do not care how they look. We wonder why neighbors stand it. They should make a bee, take scythes and clear away the rubbish. The city needs a strong ordinance. Let these lots be kept in order by the officers and assessed in the owner's tax. That would bring him to his milk. Remember the slogan, City Beautiful.

We clip this paragraph for the boys. If our lads will follow it, make them worth while:

"Now young sir, get rid of the nonsense that you are a genius, settle down to the conclusion that you are just an average boy and then start in. Keep yourself alert, look after your digestive apparatus, don't smoke cigarettes, get to bed early, be square toed in all your dealings, and we will wager a cookie that at sixty you will have to look backward for those who began the race you did. Are you ready? Then go!"

Some of the merchants of the city are making plans to organize a Town Criers' Club, an organization to meet regularly and talk over the ways and means of extending business and improving conditions generally. The merchants of Minot are doing more business than during any time in the history of the city. They have better stores, better stocks of goods and

their relations with the farmers and others in the outlying districts are very pleasant indeed. The Minot merchant never sleeps and he is always looking for better things. He wants to do his share in making Minot even a better city than she is. He realizes that much remains to be done. He knows that some of the roads leading to the city ought to be put in much better condition and is willing to cooperate in building good roads. He knows that farmers are demanding that some provision be made for a place where their teams may be tied. There are dozens of propositions that a Town Criers' Club can take up. No expense need be attached to the organization.

Most of our merchants are aware that a large percentage of the Independent's readers watch the advertisements closely, figuring that they save annually many times the cost of the subscription in the bargains they secure. Occasionally you will run across a merchant who doesn't see just where advertising pays him. Perhaps he has tested it out some time and did not get results. Perhaps his advertisement wasn't prepared as it should have been. Merchants who describe their wares carefully and quote prices, keeping persistently at it, advertising consistently and honestly, cannot help but make good on the small amount of money expended. Advertising is figured by the live merchant as just so much necessary expense, the same as taxes, rent and insurance. Our readers will find Minot's most wide-awake merchants represented in our advertising columns, merchants who are making a bid for your business by offering you better values and fresher goods than the businessman who is content to leave his merchandise grow stale on his shelves.

Every garden ought to have a bed of kohlrabi, and yet it is not generally grown. It is not a turnip or a cabbage, between the two, and so easily raised. When used the size of an orange, it is tender and delicious, never stringy like turnip or coarse like cabbage. Ask your grocer for kohlrabi, and he will grin at you. But next year be sure put kohlrabi among the seeds you get for the garden.

We notice that quite regularly these days some old time citizens of the state, who have moved to the beautiful orange groves of Florida and California are returning to good old North Dakota, their spell of discontent having passed away as the dollars fly out of the land of sunshine and fleas. North Dakota may be a little bit chilly in the winter time, but believe us, she makes up for this deficiency the rest of the year and in addition to that "provides the bacon and the liv-

ing for the family from her rich soil." Yes, friends, North Dakota has them all beaten yet, and the man who owns a good North Dakota farm better hang onto it. It's all right to take a few months off during the winter if you feel you can afford it to go and enjoy a mild climate during the winter—but keep your North Dakota farm and you will know that your living is sure. Nothing is sure about the fruit and orange crop and you cannot live on climate.—Valley City Courier.

The New Jersey legislature recently enacted a law making it a criminal offense for drunken men to drive automobiles in that state. The law provides for a jail sentence without fine, except that it is left to the Judge's discretion that the fine may be added as an additional penalty. It is beyond dispute that a drunken man has no more business to drive an automobile than a person has with a lighted match in a powder factory or a drunk engineer to drive a locomotive. The Independent suggests that one of our legislators from this locality introduce a similar bill at the next session at Bismarck for it will undoubtedly be useful for future generations.

A Boston woman says that three years is long enough to live with one husband, says an exchange; that after such a period there should be a divorce, and that she knows what she is talking about, as she has already divorced two husbands and is now living with her third. What a breaking up of the foundations of family life and of society generally would result if such a plan should become general. Fortunately the innate common sense and sense of decency of the American people, combined with a passionate love of home will prove an effective barrier. Not a loosening of the marriage relations but a tightening, is what is needed.

E. M. Lewis, census enumerator for Devils Lake for 1915, wants Mr. Cowley, who took the census in 1910, to explain how he came to count 632 more noses that year than Lewis did in 1915. Devils Lake's population apparently has fallen off 632. Lewis says the city has not fallen back, therefore Cowley must have counted the people sleeping in the cemetery or the soldiers out at camp. It does not pay to juggle figures in order to make a town appear to be larger than she really is.

A Japanese newspaper suggests, in a friendly spirit, that the capture of 200,000 Russian prisoners by the Germans was not war, but immigration.

Recent developments in Haiti indicate that in the event of its annexation to the United States it should be taken on as an extra county of Georgia.

The knocker who furnished the Bismarck Tribune with the statistics showing that Minot has but a trifle over 8,000 population, ought to visit a real live city and perhaps he'd mend his ways. The figures were copied from the Tribune and printed in many of the papers of the state. The least that the Tribune can do is to make a correction and apologize. The Independent hopes that the figures were not wilfully juggled.

The Independent is pleased to note that the newspapers have finally gotten Colonel Brewer securely married. The dashing Colonel was married away last November to Mrs. Halland, a charming Fargo young woman, and the couple kept the affair a secret until a week or so ago. We knew for a long time that the Colonel could keep a secret, but—well, his wife has done exceptionally well in this line, also.

Thousands upon thousands of loads of lumber have been hauled from Minot out into the country districts during the summer. Hundreds of new houses, barns, machine sheds and granaries have been built and practically all of them of a substantial nature. Our farmer friends are getting fixed to enjoy life to its fullest extent and they are getting in shape to attend to the important business of agriculture and stock raising right.

These very fashionable folks have all sorts of tricks that we plain country cranks know nothing about. For instance, it is the style to have the arms bare to the elbows, and a magazine has an account of a razor for my lady to shave her arms to make them look smooth like a baby's. Then an Auburn tint for the hair is the latest, and of course, color your beautiful brown locks. Goodness, these idiots should have a dose of wash tub.

The Independent is desirous of getting the pictures of a number of the most attractive farm homes in this section of the state as well as a number of pictures of fields of grain. Farmers will confer a favor on us by leaving such pictures at our office. We will make good use of them.

Here is the way an exchange duns its subscribers: "If you have frequent fainting spells, accompanied by chills, cramps, corns, bunions, chilblains, epilepsy and jaundice, it is a sign that you are not well, but liable to die any minute. Pay your subscription in advance and thus make yourself solid for a good obituary."

The colonel can see the evil of race suicide, but he cannot see the evil of the suicide of the races that go to war. It is just the difference between the retail and wholesale trade.

When Hunting for Good Goods at Lower Prices Visit This Store

New Fall Suits and Coats

The past week has brought in immense shipments of Fall Garments. Our showing is now at its best and this is the very best time to come in and select your garments. Our stock has been selected with great care and you'll be delighted with the styles. Our low price policy assures you of the lowest prices always. Come in and we shall be glad to show you. Our Suits range in prices from **\$16.50 to \$35.00**. Our showing of Fall Coats is especially strong at these popular prices—\$11.50, \$15.00, \$19.50. We also have them at lower and higher prices.



Merchandise You Want Now

We are well prepared with the merchandise you need now. Our stocks are bigger than ever before and more new things arriving daily. This is the store of lower prices. Be sure to come in before you buy.

CHILDREN'S DRESSES and Other Wearables



School opens very soon and you'll want your children to look their best. We are prepared with everything the youngsters need. Dresses for the girls. Suits for the boys. Sweaters, Underwear and Hosiery. **Shoes for All**. Dandy good school shoes at the lowest prices. Bring your children in and get them fitted out and you will find that we have saved you money on the whole outfit. We fit the little children too, with everything they need. This is the very best time to get the child ren fitted out so bring them with you.

Blankets

The nights are getting chilly and some heavier covering is necessary. Come in and see what splendid values we are offering in blankets of all kinds.

- Infant Crib Blankets—plain white with fancy borders, each..... **19c**
- Regular Bed Blankets by the pair at **89c, \$1.00, \$1.50, \$1.95**

Fine "Wool Finish" Blankets in plain greys, white and tans. Wash and wear better than cheap wool blankets and are just as warm. **\$1.95 to \$4.75**

We are also showing some very good values in wool Blankets. Also in Fancy Robes.

Dress Fabrics For Fall and Winter

Have you ever tried our Dress Goods Department. If not do so now. Come in and see the new fabrics and get our prices, or if you can't come send for samples. Mail orders here receive very prompt attention. Serges, Gabardines, Whipcords, Crepes, Silk or Wool Poplins. Our prices range from 25c to \$3.00 per yard.

The New Silks are Here and there are a great many very special values in the line

Satin de Chine Rich and lustrous. 40 in. wide Per yd.	1.50	Silk Crepe de Chine 40 inches wide per yard	1.35
Messaline Silk 36 inches wide per yard	1.00	New Plaid Silks at per yard	89c
Faille Silk 36 inches wide per yard	1.75	Silk Warp Poplins in a full line of new colors—per yard	69c

Come to our Grocery Department

The very lowest prices quoted to those buying in big quantities. Come in and let us figure with you.

The New Fall Styles in **Styleplus Clothes**

FOR MEN—ARE HERE

This announcement will be received with a great deal of pleasure by our customers, we know, for we have had innumerable inquiries during the past few weeks as to when the new Styleplus models were coming in.

Well they're here now and those that have been waiting for them will be well repaid because the models and the cloths look better than ever. **Styleplus Clothes at \$17** Have been a sensation ever since they were first introduced and everywhere throughout the U. S. they have been gaining in popularity ever since. Men know and appreciate good clothes when they see them and wear them.

STYLEPLUS CLOTHES are of known value at a known price. No guesswork about it and no risk in buying them for every suit and overcoat is covered by a guarantee.

The price is always **\$17** No more and no less.

FRUITS

We are selling big quantities these days because our prices are right. Come in and get our prices by the case.

For the Harvest and Threshing

Our Clothing Department is filled with articles now in demand by the men in the fields.

Shoes, Gloves, Hats, Underwear, Sox, Sweaters, Overshirts and Overall. Whatever you need in this line, we have it at right prices.

Mackinaws

Our stock is now in and is much bigger than a year ago, but then we did not have enough and desirable mackinaws were scarce towards the end of last season.

Don't wait until the stock is picked over, but come in and make your selection now.

Men's Wool Mackinaws at from **\$6.50 to \$12.00**. Boy's Mackinaws **\$4.50 and \$6.50**.

LELAND DEPARTMENT STORE

FRANK & GRAHAM CO.

MINOT, NORTH DAK.